To prevent the spread of ALL respiratory infections, including influenza, good respiratory hygiene is important.

Serious respiratory illnesses like influenza are spread by coughing or sneezing and unclean hands.

To help stop the spread of germs, cover your mouth and nose when you cough or sneeze. Use tissues, whenever possible, and put your used tissues in the nearest wastebasket.

To clean your hands after coughing or sneezing, wash with soap and water, or clean with alcohol-based hand cleaner.